



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NOVEMBER 2025

NEWSLETTER

VOL 19



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C.H.A.T. UPDATES



- A big **thank you** to **YEG CYCLE** for their generous donation of **\$968.75!**

SAVE THE DATE

CHAT in the Park will take place on **June 20, 2026!**

C.H.A.T. in the Community

- Our very own member, **Anita Lum**, recently spoke at **University of Alberta's 2025 Fall Convocation!**
- In her **speech**, she spoke about her **journey with aphasia** and **recovery**.
- She delivered the importance of **resilience** and **lifting others up** to the **new graduates!**



Anita Lum
C.H.A.T. Member

HOLIDAY DINNER

with CHAT

On **November 5**, **CHAT** had a **holiday potluck dinner**! Each **member** brought in **special treats** and **food** to **share** with everyone!

Thank you to all our **members** who showed up for a **fun time**!

Stay on the lookout on our **social media accounts** to be involved in our next hang out!



Meet Bob Graham!

C.H.A.T. Member Highlight

After being a part of **Corbett Hall** after suffering from **brain injury**, **Bob** was introduced to other **people with aphasia**. There, he met **Daralynn**! After she created the **C.H.A.T. Society**, he joined as one of our **very first members**!

Since then, **Bob** has been an active member of **Let's C.H.A.T.**



Bob Graham
C.H.A.T. Member
(at C.H.A.T. in the Park)



Bob with **Kevin** at our annual C.H.A.T. in the Park!

Since joining the **C.H.A.T. Society**, **Bob** has been an important part of our **C.H.A.T. community**!



Meet Bob Graham!

C.H.A.T. Member Highlight

Question Time!

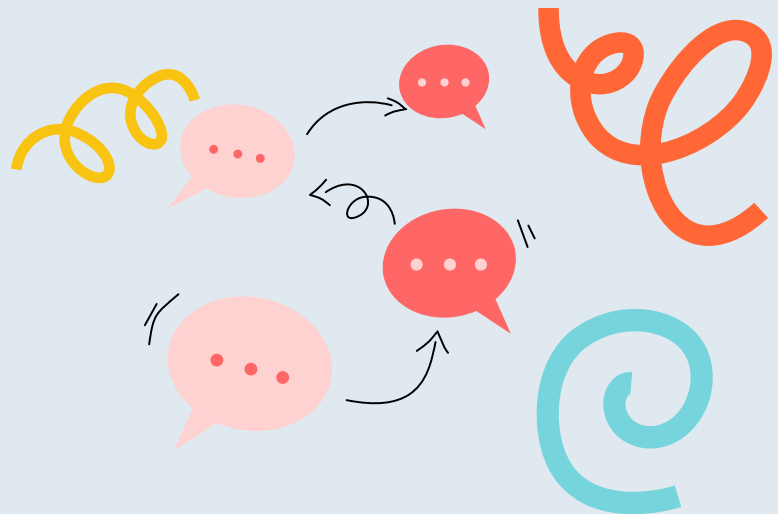
Read through to learn more about **Bob's** journey with **C.H.A.T.**



Bob at our annual
C.H.A.T. in the Park run!

What do you **like** most about being
a **member**?

“**Talking** with members at **C.H.A.T. Society** and at **Let's CHAT!**”



What is something you like doing in
your **free time**?

“**Walking**, and **watching shows** on
the **computer** and **TV!**”





Don't Slip, Don't Flip, Stay Winter-Hip!



Stay Warm

- **Wear layers:** coat, hat, gloves, scarf, warm socks.
- Keep **indoor spaces warm** and cozy.
- Use **blankets** if you feel chilly.



Stay Safe Outside

- Ice is slippery – **walk slowly and carefully.**
(Serious falls can lead to traumatic brain injury!)
- Wear shoes or **boots** with good grip.
- Use **walking aids** if needed.
- Clear snow and **use salt on walkways.**



Stay Prepared

- **Check the weather** forecast before going out.
- Carry a **charged phone.**
- Keep **emergency contacts nearby.**
- Let someone know where you are going.

Stay Healthy



- **Drink water,** even if you don't feel thirsty.
- **Eat warm,** healthy meals.
- Take medications on time.
- Wash hands often to prevent sickness.

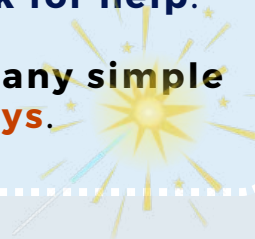


Beating the Winter Blues

Cold, dark days can affect **mood** because there is **less sunlight**, **people stay indoors more**, and **routines change**.

This can make anyone **feel sad or tired**. For people with **aphasia**, winter can be even harder because **communication takes more effort**, **social connection may decrease**, and it can be **challenging to express feelings or ask for help**.

Even though winter can be tough, **there are many simple strategies to help brighten winter days**.



Tips for People With Aphasia

• Stay Active!

- Gentle stretching
- Short Walks
- Winter-safe sports



• Get Daylight

- Read, sit, or work by a window.
- Go outside for a short walk if safe.



• Stay Connected

- Regular **check-ins with friends or family**
- Use **video calls** so gestures can help
- **Short calls and visits are okay** – the company matters more than conversation



• Do Things You Enjoy

- Listen to **music**
- Colour or draw
- Knit/Crochet
- Watch your **favourite shows or movies**
- Try simple **games or puzzles**



Tips for Caregivers and Loved Ones

Caregivers and loved ones of people with aphasia can:

- Encourage social time
- Help set up communication aids
- Let others know how to communicate in supportive ways



Aphasia Communication Tips



For **people with aphasia**, talking and joining in **conversations** can be **tough**. They might have **trouble** with **speaking, understanding others, writing, or reading** – but their intelligence is not affected. **Below** are some simple **tips** that can **help** when **communicating** with someone who has aphasia.

Tips to help people with aphasia **understand** you

- Speak **Slowly**
- **Support** your speech with **gestures, body language, and facial expressions**
- **Write key words, draw a picture** or diagram to **support** what you are saying
- **Rephrase** the **information** if the person doesn't understand
- **Verify or check** if the person with aphasia **understood you**
- **Be patient**



Tips to help people with aphasia **express** their **thoughts** with you

- Ask **yes or no** questions
- Ask **close-ended** questions
- Encourage them to **use objects, pictures, or communication devices**
- **Verify or check** if you **understood** the information
- **Be patient**

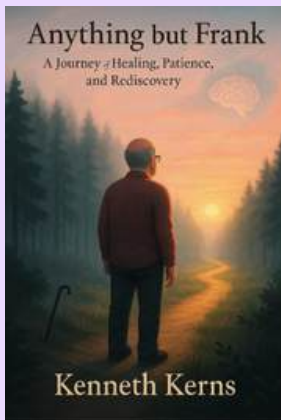




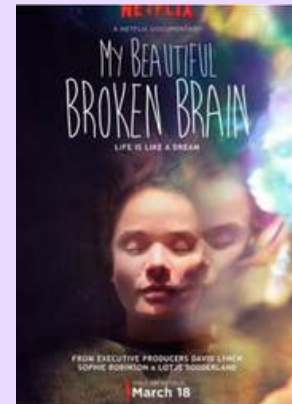
Aphasia in Book and Films



Looking for **aphasia-friendly media**? Some **books** and **films** are hard to find, but here are a few good **recommendations** to start with. You can also explore **other options** – including more books, films, and podcasts – on this **website**: <https://aphasia.org/books-films-podcasts/>



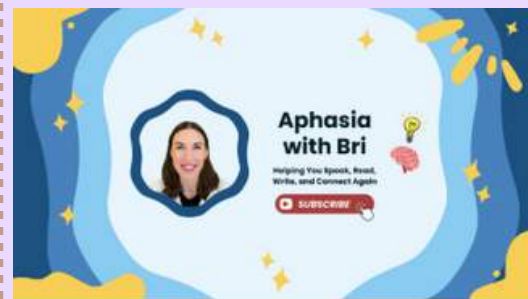
Anything but Frank is a **memoir** about Frank's quieter and more **intentional way of living** after a life altering stroke



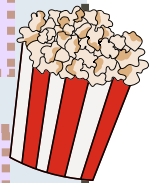
My Beautiful Broken Brain is a Netflix **Documentary** about **Lotje's recovery** after stroke highlighting her **experience with aphasia**



Brain Friends is a **podcast** hosted by **Dr. Seles** and **Angie** where they **talk** about **aphasia, language recovery and community building**



Aphasia with Bri is a **Youtube Channel** where they have **practice videos** for those with **aphasia** and **training for friends and caregivers** who want to **help** at home



Communication Corner: Riddles

1. What is a **snowman's** favourite **breakfast**?
2. What **falls** in the winter but **never** gets **hurt**?
3. What **stands** outside and **disappears** in the **sun**?
4. **Millions** fall, but each is **unique**.
5. What **melts** but is **not a candle**?



Communication Corner: Answers

1. Frosted flakes

2. Snow

3. Snowman

4. Snowflakes

5. Icicle



CALL FOR VOLUNTEERS



Interested in getting **more** involved with C.H.A.T.?



C.H.A.T. is run by a team of dedicated volunteers!

C.H.A.T. volunteers support Let's CHAT and use their unique skills to aid with events!

Join the board or a committee to get **involved** & help make **meaningful change!**

Join our team by visiting **this page** to start your journey !



Follow us on Social Media



C.H.A.T. SOCIETY
COMMUNICATION HEALTH AND THERAPY

Stay Connected to our Latest News & Updates



Website @ thechatociety.ca



on Facebook @ [The CHAT Society](https://www.facebook.com/TheCHATociety).



on Instagram @ [The CHAT Society](https://www.instagram.com/TheCHATociety).

- Do you have any **suggestions** or **concerns** for **Let's CHAT?**
 - **Click** on the link below!

[CHAT Feedback Form](#)

